



e-Newsletter

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Get On The Road To Financial Wellness



When it comes to your wellness, your finances and personal health are connected. Research shows that financial stress can take a toll on your physical, mental and emotional well-being. Uncontrolled stress can lead to health problems, anger, irritability and fatigue.

The good news is there are tools and resources available to help you and your family take control of your finances and lead a happy, healthy life!

The **Delaware Department of Human Resources (DHR)** is pleased to announce the launch of their [Financial Wellness](#) page. This resource website pulls together various tools and resources from state and other reputable organizations into one spot. You will find resources on:

- Budgeting
- Discounts
- Money saving tools and programs
- Retirement planning
- College investment
- And much more!

Have questions, comments or feedback about the Financial Wellness page? Email DHR at DHR_Personnel_Notifications@delaware.gov.



This newsletter is published by the State of Delaware Statewide Benefits Office (SBO), Department of Human Resources (DHR). Click [SBO e-Newsletters](#) to view other issues.

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